

FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



MITCHELL E. DANIELS, JR., GOVERNOR
PAULA PARKER-SAWYERS, EXECUTIVE DIRECTOR



Last week the U.S. Department of Agriculture celebrated the 30th Anniversary of the Food Stamp Act of 1977. At the commemorative ceremony, Acting Secretary of Agriculture Chuck Conner, the Food Stamp Act "charted a new course in providing nutrition assistance for millions of low-income children and families." USDA thanks all of its partners, including faith-based and community organizations, who have helped to strengthen this program over the years.

Each month the Food Stamp Program provides 26 million low-income people a vital supplement to a more healthful diet. Yet there are still too many low income people, especially seniors, working people, and legal immigrants, who are eligible for food stamp benefits but do not participate in the program.

In fact, even though we have seen an increase in participation three years in a row, the Food Stamp Program still only serves 1 in 6 Americans who are eligible to receive these critical nutrition benefits. While we celebrate the anniversary of the Food Stamp Act, let us rededicate ourselves to outreach and education in order to reach target populations and help overcome barriers to food stamp participation.

For more information about how your organization can partner with USDA Food and Nutrition Service to strengthen the Food Stamp Program and reach more people in need, please visit <http://www.fns.usda.gov/fsp/>

Volunteers Needed

Habitat for Humanity of Greater Indianapolis is currently seeking volunteers for their House of Abraham Panel Day which will take place on Wednesday, October 3rd, on Pan Am Plaza, 201 S. Capitol Avenue, Indianapolis.

Shift 1: Arrive at 7:30 to sign-in; Work from 8 AM to 10 AM

Task: Build wall panels.

of volunteers needed: 40

Shift 2: Arrive at 9:30 to sign in; Work from 10 AM to 1 PM

Task: Build wall panels

of volunteers needed: 40

Shift 3: 2 PM to 4 PM

Task: Deconstruct home, load panels on flatbed truck and then caravan to unload the panels at the job site!

of volunteers needed: 15

For more information or to sign up to volunteer, contact Beth Butcher, 317-921-2121 x 101 or at bbutcher@indyhabitat.org



Have you registered yet?



White House Regional Conference on Faith-Based and Community Initiatives
Monday, November 5th — 8 AM to 5 PM
Tuesday, November 6th — 8 AM to 12 noon

Indianapolis Marriot Downtown
 350 West Maryland Street
 Indianapolis, IN

On Monday and Tuesday, November 5-6, the White House and the Departments of Justice, Agriculture, Labor, Health & Human Services, Housing & Urban Development, Education, Homeland Security, Commerce, Veterans' Affairs, the Small Business Administration, and the Agency for International Development along with the State of Indiana will host a conference in Indianapolis to help faith-based and community organizations learn more about President Bush's Faith-Based and Community Initiative.

The conference is **free***, but pre-registration is required. Registration is on a first-come, first-serve basis. Visit www.fbc.gov to register online. *Transportation and overnight accommodations are your responsibility.

The conference is part of a series of regional events the White House is hosting to support the work of effective social service organizations.

For more information, call 202-456-6708, send an email to fbc@dtihq.com, or visit www.fbc.gov.

The National African American Tobacco Education Network (NAATEN) has published ***Be Free Indeed! Tobacco Prevention Tools of the African American Church***, a toolkit that includes a set of guides that educate on spiritually grounded tobacco prevention and policy implementation specifically for women, men, youth and pastors. These toolkits are available FREE OF CHARGE for churches who are interested in addressing tobacco use in their congregation. To order materials or for more information, please contact Cecilia Williams at 317-233-7192 or cewilliams@isdh.in.gov.



Youth Service America is pleased to announce a call for nominations for the prestigious 2008 Harris Wofford Awards, sponsored by State Farm Companies Foundation. The Awards recognize extraordinary achievements in three categories: Youth (ages 12-25), Organization (nonprofit, corporate, foundation), and Media (organization or individual) for actively contributing towards, "making service and service-learning the common expectation and common experience of every young person." Award winners will be honored and presented with an award of recognition at the 19th Annual National Service-Learning Conference in Minneapolis, MN. The recipient in the Youth category will receive a \$500 award and a \$500

award for the non-profit organization of his/her choice. Travel arrangements, including airfare and accommodation, will be provided for each award recipient. The deadline to apply is October 19. To learn more, visit <http://www.YSA.org/awards>

YOUth, the International Youth Foundation's new flagship magazine, offers interviews, personal stories, and essays focused on youth development around the world. Published by IYF twice a year, the magazine seeks to celebrate the power and promise of young people to change the world, while incorporating the varied voices and perspectives from those in the public, private, and non-profit sectors. To read the premier issue, visit <http://www.iyfnet.org/section.cfm/31/286>



"Ideas won't keep. Something must be done about them."

—Alfred North Whitehead



The National Collaboration for Youth has available free training activities for preparing frontline youth workers, both paid and volunteer, to work with youth and their families. To learn more, visit <http://www.nydic.org/nydic/library/publications/ncypubs.htm>

Girl Power is an event just for girls! This event is designed to help girls ages 7-14 learn how to be healthy, strong, confident and aware with hands-on activities, informative speakers, a Fitness Zone, positive image fashion show and more. You can even karaoke with Radio Disney or get your picture taken in a dream car! Many inspiring women will be in attendance including the event's honorary chairperson, first lady of Indiana Cheri Daniels, Angela Buchman from WISH-TV, Indy race car driver Sarah Fisher, and Olympic gold medal gymnast Dominique Dawes. Mark your calendars for Saturday, **September 29th**, from 9:30 AM to 2:30 PM, and join others at Our Land Pavilion in the Indiana State Fairgrounds. This event costs only \$4 to attend.



For a second year in a row, Purdue men's basketball coach Matt Painter and Illinois men's basketball coach Bruce Weber are teaming up to raise money for the American Cancer Society. Tickets are now on sale for the Covington Classic on October 23rd, at the Beef House restaurant in Covington, IN.

Doors will open at 6 PM ET with dinner beginning at 7 PM. Two other coaching legends, former Purdue coach Gene Keady and former Illinois coach Lou Henson, will also be in attendance. Tickets for this event are \$75 and can be ordered by contacting Steve Miller of the American Cancer Society, 765-449-4799.

Did you Know...

- * On Election Day, it takes more than 30,000 poll workers to run Indiana's 5,500 precincts?
- * Recruiting volunteers is one of the biggest challenges of running an election?



This year, do more than vote on Election Day.

Donate for Democracy Basics:

Assist your fellow Hoosiers at the polls on Election Day and earn a few extra dollars for your favorite nonprofit organization. Donate for Democracy provides an opportunity for you to contribute to your organization's charitable goals, **AND** play an important role in the democratic process.

There are two easy requirements in order to participate:

- You must be a registered voter and a resident of the county in which you wish to work; and
- You must be at least 18 years old.

You will earn at least \$70 for your charity and possibly more depending on your county.

You will need to declare your political party preference in order to work on Election Day. Polling places are staffed by the political parties.

Contribute Your Time on Election Day & Contribute Money to Your Favorite Nonprofit

For more information, or to sign-up online, please visit www.donatefordemocracy.in.gov or call the Hoosier Voter Hotline at 866-IN-1-VOTE. You may also request a brochure (limit 10) by emailing jsimpson@ofbci.in.gov. Please remember to include your name and mailing address.

September is...
National Preparedness Month

"Preparing Makes Sense!"
**Get a Kit, Make a Plan,
 Be Informed**

Pandemic Influenza Prevention Strategies

Currently, the United States and the world are in the Pandemic Alert period, which means an influenza pandemic is likely to develop. We are not experiencing a pandemic at this time; however, scientists are concerned that the next pandemic could develop based on a virulent strain of avian influenza, which has spread from human to human in other countries. For additional information on pandemic influenza, visit HHS' website www.pandemicflu.gov. Also, the strategies outlined on the Director's Pandemic Flu Intranet site can help prevent the spread of various types of influenza which circulate during annual flu seasons, which typically occur

each November thru May in the US. The same strategies will also be helpful in preventing the spread of pandemic influenza, should a pandemic occur.

Check out these Training Opportunities

Are We Great Yet?

October 2 9am-12pm

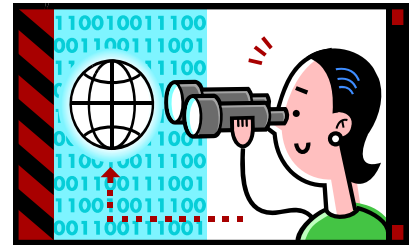
Topic: Planning and Evaluation

Sponsored by: Indiana Nonprofit Resource Network

Contact: Kim Johnson (574)295-1650 x205, <http://www.inrn.org>

Location: YWCA St. Joseph County, 1102 South Fellows St. South Bend, IN

Fee: \$30, \$35



Grants 101

October 3-5 8am-5pm

Topic: Grant-Writing

Sponsored by: The Grant Institute

Contact: The Grant Institute (888)824-4424

Location: Indiana Wesleyan University - Indianapolis Campus, 3777 Priority Way South Dr. Indianapolis, IN

Fee: \$597

For more information: http://www.doe.state.in.us/super/2007/08-August/080307/grant_workshop.html

Nonprofit Training Day

October 4 8am-12:15pm

Topics: Governance, Management, Finance, Fundraising

Sponsored by: United Way of Central Indiana, <http://www.uwci.org/index.asp?p=179#isp>

Contact: Debi Lee (317)921-1257

Location: Indiana Wesleyan University - Indianapolis Campus, 3777 Priority Way South Dr. Indianapolis, IN

Fee: \$120

Donor Cultivation

October 4 1pm-4pm

Topic: Resource Development

Sponsored by: United Way of Kosciusko County

Contact: Kim Johnson (574)295-1650 x205, <http://www.inrn.org>

Location: Kosciusko County Community Foundation, 102 E. Market St. Warsaw, IN

Fee: \$25, \$30

For more upcoming training opportunities, be sure to check out the OFBCI Training Calendar: <http://www.in.gov/ofbci/2414.htm>

October is a time when most families think about witches, ghosts and goblins. For health-conscious parents, those fun thoughts quickly turn into scary ones as they picture their children gorging on sugary sweets and gooey treats. Luckily, with a little planning and preparation, families can enjoy the things they love about Halloween and at the same time, promote healthy habits.

Teach your children about moderation. Let them pick out their favorite goodies and save the rest for later. Here are a few FitCity tips for a healthy Halloween:

- ✦ Focus on the fun and fantasy, rather than food.
- ✦ Host a Halloween party rather than going to one. That way you can plan a healthy menu.
- ✦ Do some jumping jacks or run in place while standing in line for the haunted house.
- ✦ Hand out boxes of raisins, granola bars, fake tattoos or stickers – a healthier option and a great way to avoid sneaking treats.
- ✦ Serve a healthy snack or meal before heading out to trick-or-treat to avoid overeating.
- ✦ After the big night, encourage your child to share the treats with others – or trade them in for money or a new toy.

While trick-or-treating comes around just once a year, healthy habits stay with you the whole year around. For more information on how to make a healthy move, visit www.INShape.IN.gov and www.fitcity.info.



Pumpkin Cookies **Ingredients**

- 1 package (18.25 ounces) reduced-fat yellow cake mix
- ½ cup quick-cooking oats
- 1 egg
- 1 (15 ounce) can of pumpkin
- 2 tbs. canola oil
- 2 - 2 ½ tsp. pumpkin spice
- 1 tsp. cinnamon
- ½ tsp. ginger
- ¼ tsp. allspice

Directions

Pour cake mix, oats and pumpkin spice into a bowl. Add egg, pumpkin and oil. Stir until dry ingredients are moist. Coat a baking sheet with nonstick spray. Place balls of cookie batter on baking sheet (two spoonfuls per cookie). Flatten batter with the back of a spoon. Bake pumpkin cookies at 350 degrees for 18-20 minutes (until edges are golden).

Pumpkin cookies make a sweet treat everyone will enjoy. With this low-fat recipe you can have your cookie and eat it too.

